



Wellness Wednesdays



While the Holiday season can be a time of great happiness and joy it can also trigger depression and stress. Take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you are able to deal with them in a healthy manner. Plan ahead, think positive and take time out for yourself.

Focus of the Month: GIVING

*"It's not how much we give
but how much love we put
into giving."*

— Mother Theresa

RECIPE OF THE WEEK:



Stress Reducing Detox Water

- 1 cup strawberries, sliced
- 1 lime, sliced
- ¼ medium cucumber, sliced
- ¼ cup fresh mint leaves
- 4 cups of purified water

Place all the ingredients in a large pitcher and serve with ice. Enjoy!

Give yourself the GIFT of less stress this holiday season.

Acknowledge your feelings. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out support. There are several websites, online support groups, social media sites or virtual events.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well.

Stick to a budget. Decide how much money you can afford to spend. Then stick to your budget.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed.

Some Benefits of Giving Back to SELF:

- **Increases Your Productivity**
- **Boosts Your Immune System**
- **Improves Self-Compassion**
- **You will have More to Offer Those Around You**

Giving Back to SELF!

Video Links:

A Self-Care Action Plan:

<https://youtu.be/w0iVTQS8ftg>

2020 Teachers of the Year on practicing self care

<https://youtu.be/n3pdoe1hfuE>

